

## ANTIGRAVITY® AERIAL YOGA

Invented by a former gymnast, Christopher Harrison, AntiGravity Yoga or Aerial Yoga is a series of exercises inspired by calisthenics, acrobatics, pilates, and yoga. During Aerial Yoga you make use of a hammock-like circus fabric, which supports the body in its movements. Aerial Yoga helps realign the body through various poses combined with the pull of gravity to strengthen the muscles and improve posture. Classes can range from gentle and restorative to very demanding depending on how the hammock is used, making it suitable for people of all levels of experience and physical ability.

# THE ULTIMATE ANTI- GRAVITY EXPERIENCE

Channel your inner acrobat with Adelaide's leading aerial yoga studio.

Flip, swing and fly through space without even noticing that you're working out. At **Adelaide Pilates Studio** you'll have a blast performing poses, inversions and other movements suspended off the ground with the help of a hammock. The fitness class incorporating a mixture of fun, flexibility, strength and posture improvement.



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### FIRST CLASS FREE

simply mention you're an **SA Style** reader and experience improved fitness, strength and muscle tone with one of the studio's many classes.



#### ▲ THE TULIP:

With an array of poses like 'tulip' you are able to relax and reconnect with your physical and mental self, taking time out to quiet your mind and relieve stress through gentle stretching and mindfulness.



#### ▲ THE DEW DROP:

Flexibility and balance improve tremendously through AntiGravity Aerial Yoga. Both your personal and physical confidence soar, allowing you to achieve the once impossible advanced poses.

#### ▼ FLY HIGH:

Core connection and strength, the most important pilates principle is amplified in the air, this is why Adelaide Pilates Studio chose AntiGravity Aerial Yoga to complement their extensive programs.

*"If you were born without wings, do nothing to prevent them from growing."* – Coco Chanel

#### NEW TO AERIAL YOGA?

Attend an Open Beginner Introductory Class first to learn the safety elements of how to get in and out of the hammocks. You'll explore and learn the movements you'll be performing in class.

#### FUN FACT

The oldest Adelaide Pilates Studio client is 78. They cater for all ages, "the older you become, the more important it is to keep moving".

#### THE BENEFITS

- Decompression and alignment of the spine
- Strengthening and lengthening of the body
- Upper body and core strengthening
- Improved balance
- Body awareness
- Increased spatial intelligence
- Relieving stress and anxiety